



CHALLENGE REQUIREMENTS

- Spring Into Summer Health & Fitness Challenge is open to Enrolled Salt River Pima-Maricopa Indian Community Members & their family members, SRPMIC Tribal & Enterprise employees.
- **TEAM CHALLENGE: 2 individuals on a team—all female, all male or co-ed teams**
- In order to participate, challenge participants must complete a Personal Health History Form (if applicable), and Medical Clearance Form (if applicable).
- **MUST COMPLETE INITIAL ASSESSMENT: weight, body fat percentage and waist measurement.**
 - Initial weigh-in (first day) and final weigh-in (last day) weights will be used to calculate the overall percentage of weight-loss.
- **MINIMUM ACTIVITY REQUIRED:**
 - Each team member must average at the minimum 120 minutes per week (exercise must be continuous for 30 minutes).
- Team Captains are required to email their team's average team exercise time on Tuesday or Wednesday of each week before 5 pm. **(Make sure to specify team name or team captain to fitness staff when reporting)**
- Email Fitness Staff: (rachel.seepie@srpmic-nsn.gov; michelle.long@srpmic-nsn.gov; jason.seepie@srpmic-nsn.gov; nevelle.howard@srpmic-nsn.gov; dion.begay@srpmic-nsn.gov) by 5pm on Tuesday or Wednesday of each week.
- Each Participant will be given a Food Diary & Exercise Journal to track caloric intake & output.

REGISTRATION

. The last day to register is Friday May 17th at 6pm—late registration will be considered on a case by case basis.

BODY COMPOSITION ASSESSMENT

WEIGHT & BODY FAT ANALYSIS

Your weight & body fat percentage analysis will be measured during week's 2, 4, 6 & 8.
(NO CHECK-IN FOR WEEK 10 – FINAL ASSESSMENT ON JULY 30th or JULY 31st).

General Guidelines for an accurate BODY FAT % reading:

- Take readings at least 3 hours after rising, eating a large meal, or exercising.
- Take readings once a week at the same time of day under the same conditions. (Note: Taking readings more than once per week is not beneficial since body fat does not change from day to day.)
- Average your readings for the month.
- Compare averages from month to month.
 - By following this format, hydration fluctuations throughout the month will average out, and you will be able to better assess any real change in your body fat percentage over time.
 - *Note: Tanita Body Composition Analyzer is accurate within +/- 5 percent.*

WAIST MEASUREMENT

Your waist measurement will be taken at the beginning and end of the challenge. Your waist measurement reflects the narrowest part of your waist.

POINT SYSTEM

WEIGH-INS

- **WEIGH-INS ARE MANDATORY & CANNOT BE RESCHEDULED. WEIGH-INS ARE SCHEDULED ON TUESDAY OR WEDNESDAY DURING WEEK'S 2, 4, 6 & 8.**
- earn 5 points for keeping scheduled weigh-in
- earn 1 point for each pound lost
 - *NOTE: If you miss a weigh-in, your previous week's weight will be recorded for the missed week (i.e., zero weight loss for that week.)*

WAIST MEASUREMENT

- earn 1 point for each inch lost

EXERCISE

- **AVERAGE TEAM EXERCISE TIME SCALE:**
 - 120+ minutes = 3 points
 - 121-299 minutes = 6 points
 - 300+ minutes = 9 points

FOOD DIARY

- Earn 5 points for completing weekly food diary.
 - Food diary is considered complete?
 - includes food description
 - includes food measurement (i.e., cups, ounces, etc.)
 - included calories found in food
 - includes grams of fat in food
 - **FOOD DIARY MUST BE SUBMITTED WEEKLY ON TUESDAY OR WEDNESDAY TO RECEIVE POINTS.**
 - Week 1 to be turned in during week 2; Week 2 to be turned during week 3 and so on.
 - **WEEK 1 WILL NOT BE ACCEPTED DURING WEEK 3—DIARIES WILL NOT BE ACCEPTED LATE!**

SPRING MAKOVER PRIZES

- The team with the highest percentage of weight loss (based on starting and ending weight).
 - **$[(\text{INITIAL WEIGHT} - \text{Actual Weight}) \div \text{INITIAL WEIGHT} \times 100 = \%]$**
 - ***If there is a tie, the average team waist circumference will be the tie breaker.***
- and the team with the most points.